

Being Alongside

the quarterly magazine of *Being Alongside / apcmh*

a charity supporting those living with mental ill health



We welcome Rev'd Canon Roger Royle,
BA / apcmh's new Patron; here at our AGM. More inside.

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Front Cover: Rev'd Canon Roger Royle

We are so lucky to have Roger as a Patron to guide and inspire us. Gentle of heart and and humble of manner, he brings us sensitivity, warmth and encouragement - as you will remember from his radio and TV appearances.

Browse our new look website: www.beingalongside.org.uk

News from Our A.G.M.

1] Report from Chairman - Jamie Summers

"Well, goodness gracious me", as Peter Sellers put it. Can a year have passed since I was inaugurated as chair of Being Alongside/APCMH ?

I like to ruffle complacent feathers, to 'kick against the pricks' and much of the time my chairmanship may have unsettled fellow committee members. But God likes doers and between us we have revamped our leaflet, encouraged some sizeable donations, got together the codicil document for people's wills and work is in progress updating our informative Action Sheets on challenging stigma, starting drop-ins and so on.

We lost Bishop Stephen Sykes as Patron, sadly departing this life late last year, but have gained Roger Royle as replacement. Sister Theresa Pountney M.B.E. retired from her role at the Barnabas Group and on our committee. Particular thanks go to Jean Marsham and Suzanne Heneghan for their work establishing Stephen's Memorial Bursaries, to Pam Freeman for continuing to distribute our newsletter (ably edited by Steve Press) and of course to Marlene Collins for dotting our i's and crossing our t's in her role as Secretary/Treasurer.

I had hoped that by now we would have started new groups around the country but our profile will be raised in May by our presence at the C.R.E. International event at ExCel near to City Airport - free tickets for all our members and friends. One hopes we can stimulate interest in our little charity among fellow Christians and others.

What we do is good.

Let's do more of it.

Jamie Summers

9th May 2015

Our Chairman Jamie has been updating our Introductory Leaflet. It is now available as hard copy and downloadable from our website: www.beingalongside.org.uk.

Snips from Our A.G.M.

2] APCMH - Forest Hill Branch

We first opened the Drop-In in May 1987 and since then we have been there once a week for 28 years, a total of over one thousand four hundred evenings. Each week we have four Volunteers there with fifteen or more Members (clients / users), many of them coming on a regular basis. We have given support to at least five hundred different people, some for many years. Recently the attendance of Members has fallen somewhat. We are trying to understand why this is happening. It may be because Drop-Ins are being discouraged by mental health authorities. We, however, are taking steps to publicise our Drop-In more widely, we now have a flyer which gives details of our opening times and location and how the drop-in can help people with mental health issues avoid social isolation. We are going to distribute the flyer to GPs practices and CMHT (Community Mental Health Teams) and other interested groups. We feel there is a need for our drop-in and that we help people to be part of the community in which they live. There are people who are isolated and lonely and we have to be active in letting them know who we are and what we do.

In the year to September 2014 we had an income of £2,134. This consisted of over £400 contributed by Members for their weekly attendance at Drop-In sessions, £500 from *Being Alongside* and £250 from St Georges Anglican Church in Forest Hill. In March 2013, Joy Fisher a stalwart Volunteer for over 20 years was voted a "South London Hero" and was presented with a personal cheque for £500 by the South London Press. With typical generosity Joy donated the entire sum to the Drop-In.

Expenses for the year were £2,245. Just over £400 was annual rent for the local church hall we use each week. £600 was spent on food and other refreshments during our weekly meetings and £400 on our Christmas Party. The balance of around £700 was spent on four day trips during the year. Overall we had a deficit of £110 leaving us with a current balance of £2,696.

Our balance was helped by a bequest from a former Volunteer, of over £6,000 in 2008, half of which we have used in the succeeding 6 years. We have no immediate financial problem, but we will need to reduce expenditure over the longer term or find additional sources of funding.

During this year we have continued our efforts to get Members more involved in running the Drop-In. They now give considerable help with practical matters such as moving furniture and washing up etc. We also have

regular "joint discussions" where Members and Volunteers make suggestions regarding the general running of the Drop-In as well as suitable destinations for outings.

We had a very successful Christmas party with about 80 Members, Volunteers, former Volunteers and Supporters present as well as the Bishop of Woolwich and a number of local clergy. The event has been expensive and in future we need to encourage more donations from Supporters.

In 2014 we had day trips to Rochester, Hastings, Brighton and Kew Gardens. We always include a variety of events to cater for all our Members' tastes. To reduce the overall cost we may now ask for a greater contribution to the costs from Members and Volunteers, where they can afford it.

Our Drop-In has survived not by being grand, or over-ambitious. 'Small is beautiful' comes to mind.... It has survived because of the continued support of local people and local Churches and because it meets a need in the local area and because Members and Volunteers want it to continue. It has also lasted because of the commitment and love of our Volunteers because HUMAN FRIENDSHIP IS THE KEY TO WHAT WE DO and HOW WE DO IT.

If you would like to know more about the Drop-In or if you want to become a Volunteer please contact Ron Hosmer at ronaldhosmer@hotmail.co.uk or apcmh.fh@gmail.com or Gail or Nick Cotton at dncotton99@gmail.com

Nick Cotton

More AGM reports in next issue. If you can't wait, look at web site!

Poem: Healing

I am not a mechanism, an assembly of various sections.
And it is not because the mechanism is working wrongly that I am ill.

I am ill because of wounds to the soul, to the deep emotional self.

And the wounds to the soul take a long, long time, - only time can help
- and patience, and a certain difficult repentance.

Long difficult repentance, realisations of life's mistakes, and the freeing oneself
from the endless repetition of the mistake
which humankind at large has chosen to sanctify.

DH Lawrence

Bishop Stephen Sykes Memorial Bursary

Being Alongside / apcmh

The BA / apcmh National Committee are pleased to be able to make a fitting tribute to our late patron Bishop Stephen Sykes by dedicating a bursary in his name with the permission of his wife Joy.

We have ring fenced a sum of money which we intend to make available for individuals who intend to gain further qualifications and have experienced ongoing mental health issues. The initial idea came about through Jean Marsham who, as a committed BA / apcmh Trustee, is passionate about providing opportunities for the growth and development of individuals experiencing mental health difficulties. We have made available bursaries of up to £1000 which are intended to support and assist with course literature, travel or related expenses associated with the course.

Application Criteria:

1. The applicant must provide evidence of in-patient psychiatric care and / or outpatient history. We intend to prioritise those with more severe mental health difficulties, however all applicants will be considered on merit.

2. Age criteria: between 25 and 55 years old.

3. The chosen course must hold the status of national accreditation at a recognised educational establishment. A place must have been obtained prior to application for our bursary.

Application forms may be obtained from: Marlene Collins, Company Secretary

Email: mcollins16@sky.com

Write to: Marlene Collins (Company Secretary)
Being Alongside / apcmh
St Paul's Church Centre,
5 Rossmore Road
London NW1 6NJ.

‘With a Little Help from My Friends’

Bp Stephen's work for this video project is well known. When BA / apcmh decided to create a Bursary to help those with mh issues access further education, an appeal went out for copies. We were glad to receive a DVD and a VCR cassette. The latter was accompanied by this personal note:

Here is the copy of *With a Little Help from My Friends*. We had the participants' permission to use it publicly. * Could it be put on the Internet? I would be glad to know what you think?

May I explain why I got involved in this?

A relative of mine suffered from schizophrenia as a child. When I served as Bishop of Ely, it struck me that the major Christian Churches were unsure how to respond to 'mental' illness, which, in my view, is as 'physical' as chicken pox, although much more difficult to treat because the mind is extremely complex.

I have made a practice of showing it to small groups and inviting discussion. Invariably, it has created tales of personal experience of illnesses suffered by friends and family members. The National Schizophrenic Fellowship (= 'Rethink Mental Illness' since 2012) took it up and Mary Archer put on a showing to hospital staff and managers at Addenbrookes in Cambridge.

It was made by a professional and contains some very attractive passages. The NHS used it on the celebration they had of Fifty Years of Service at the Birmingham Exhibition Centre.

It turns out to be my only surviving copy, and if you can manage it I would like it - or a DVD back, if you make one.

Also, may I ask you to write a letter of thanks to *Sir Hugh Sykes at Brookfield Lodge, Brookfield, Sheffield; he was a generous sponsor of the project.

Bp Stephen Sykes

*a copy is on our You Tube channel:

https://www.youtube.com/channel/UCiJ_eGAajpfRYw-UYCQYZVw

*Sir Hugh Sykes, now retired and living in Derbyshire, was a prominent industrial figure and philanthropist from South Yorkshire.

News from Tony

The one on the right!

See also Back Cover, p20. Both photos were taken on a visit to Paddington Basin.



Tony is now living by the sea in Frinton which is just up the coast from Clacton. He is appreciating the Arts Centre's Ten Pin Bowling and the coffee mornings at his local church during the weekdays.

He's also enjoying the activities at the community centre and the Sunday Sun Church Club and making good friendships and enjoying some lovely walks on the beach in the summer and the winter with his carer Ruby – he says:

*'If you saw me you would fink I was a new peapal, text me back
and send my love to Trish and to everyone!'*

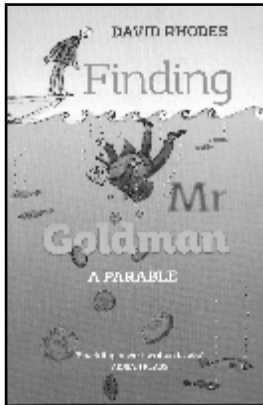
Love

Tony aka 'New Creation'

Thank You, Contributors.

We love your poems. We love your events news. We love your snippets of humour. And especially we love your letters, tips, hints and wrinkles on how to, not just survive mental illness, but thrive within it, or maybe even because of it. So if you can recommend a strategy, relationship, ritual, tv / radio programme, sport, diet, pet, colour etc. that helps you, you might be able to help others. That's what *Being Alongside / APCMH* can mean. Thanks in anticipation.

Editor



Book Review:

Finding Mr Goldman

...to end poverty we need to engage with the sickness of spirit causing greed...

Jesus knew stories can be powerful when it comes to the really important things in life. To Christians his parables carry a vibrant message of God's love. But for people outside the Church, they may seem detached from the modern world.

Finding Mr Goldman is a contemporary parable about Jesus and the Kingdom of God. A gripping adventure story, it tells of the epic battle between good and evil played out in the life and sudden death of a wicked man. And the discovery that no one is beyond the healing love of God.

Had the wealthy Harry Goldman known the hour of his death he might have arranged his day rather differently. Instead he finds himself plunged into a nightmare in which his life of ruthless greed is laid bare before him.

Accompanied by a disreputable looking tramp, who bears a striking likeness to Jesus, he sets out on the impossible quest to save his soul...

Woven into the story are issues of Third World poverty and injustice, climate change and sexual violence. The result is a radically new vision of how we might learn to love our enemy and discover the sickness of spirit that lies behind injustice and greed.

Articles and reflections on faith and social justice by the author, David Rhodes, have been used by Christian Aid, Church Action on Poverty, the Iona Community and the Church Urban Fund.

Ed: David Rhodes is a freelance writer and author of *Advent Adventure*, *Lenten Adventure* and *Sparrow Story*, all originally published by SPCK.

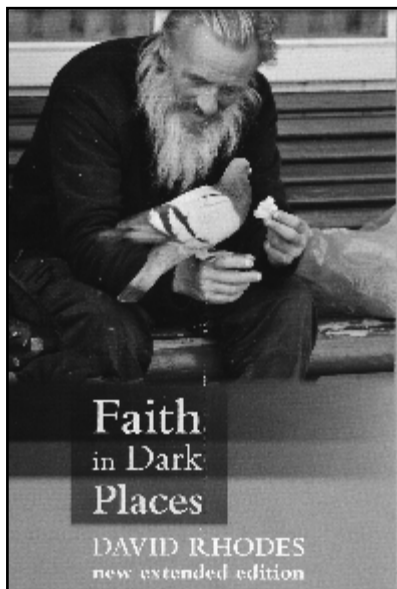
www.spckpublishing.co.uk

Turbulent Books www.turbulentbooks.co.uk/

is an informal, not for profit outlet for David's work.

Book Review:

Faith in Dark Places



ISBN: 978 0 281 07041 1

As society becomes increasingly fragmented and the poverty gap widens in a time of austerity, there is a growing feeling that a better world must be possible. But how can we discover a just and loving alternative that is true to God?

Combining moving stories from the inner city with a fresh approach to the gospel, *Faith in Dark Places* explores the revolutionary idea that the good news of God's love is being spoken to a divided world by those rejected as worthless: the homeless and the poor.

This radically revised edition draws on recent theological research and the author's knowledge of urban poverty to offer powerful new insights into key biblical

texts, including the Lord's Prayer, the parables of Jesus and the Magnificat.

'I read this precious little book with joy. It reveals a mystery so hard for us to hear, that we are healed by the broken as they reveal to us the presence of Jesus'

Jean Vanier,

founder of the L'Arche community

For your Diaries:

**Being Alongside / APCMH 30th (Pearl) Anniversary
Wholeness and Healing Service at Southwark Cathedral
Sunday 15th May, 2016.**

Rev'd Canon Andrew Wilson will be our speaker.

Being Alongside / APCMH

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Membership / Subscription Form 2015

Please complete this form and return - **by the end of September** - to:

**B.A. / APCMH Treasurer / Membership Secretary ,
St Paul's Church Centre, 5 Rossmore Road, NW1 6NJ**

Title & Name:

Address:.....

..... Postcode:.....

Tel: Day: Eve: Mobile:

Please Tick the Membership category you'd like:

(one) Standard £12 ☐

(one) Concession £5 ☐

(one) Group (5 copies) £25 ☐

Donation to funds - please write amount in:

Total (please make cheques out to 'APCMH')

Gift Aid Declaration (for Tax Payers):

I am a tax payer and would like BA / APCMH to treat this, & all future payments, as a Gift Aid Donation. (In any tax year you must pay an amount of income or capital gains tax of at least equal to the amount of tax that we reclaim on your payment - currently 25p for every £1 you give.)

Please Sign & Date:

Green Fingered Therapy

Feel better outside, feel better inside: Ecotherapy for mental wellbeing, resilience and recovery

Ecotherapy is an intervention that improves mental and physical health and wellbeing by supporting people to be active outdoors through doing gardening, food growing or environmental conservation work.

Ecotherapy is sometimes called 'green care' or 'green exercise'; and the language around ecotherapy is evolving as research and interest in it develops. A growing body of evidence shows that taking part in activities like gardening, food growing and conservation work in natural environments has measurable and positive impacts on people's wellbeing. Research is indicating consistent results about the benefits of taking part in environmental and conservation activities.

What is ecotherapy?

Ecotherapy is more than going for a walk in the park or mowing the lawn in the garden. It is a regular activity that is:

- facilitated and structured
- focuses on doing an activity rather than 'health'
- takes place in a green environment
- is related to exploring and appreciating the natural world
- happens over time
- involves contact with other people.

Ecotherapy can improve everyone's health and wellbeing. Its flexibility means that services can meet a variety of needs: as a wellbeing service that can help everyone look after their mental health; as an early intervention service targeting people at higher risk of mental health problems, and also as services to support recovery for people with existing mental health problems. Ecotherapy services offer activities in natural environments in rural and urban locations. They are often provided by local community and voluntary organisations, others are connected with mental health services including local Minds or NHS services, and some are provided or hosted by national environmental organisations.

Ecotherapy services funded by Ecominds typically fall into five categories or types of activity, and some offer a mix of activities:

Social and therapeutic horticulture

Projects improve wellbeing by supporting people to spend time in gardens and allotments, take part in gardening activities from digging to planting seeds and growing fruit and vegetables to eat. Activities can be adapted to suit the needs of many people. Projects usually have a mix of trained staff who have mental health and horticultural experience. They provide planned activities with staff supporting people to get involved and build a sense of a group working together.

Environmental conservation

Projects focus on protecting the environment, for example by managing woodland or restoring a wildlife habitat. They aim to improve the environment and improve the wellbeing of the participants through the action of a group of volunteers. Structured activities are managed and run by the projects and people work in a team of volunteers. These projects can offer more of a physical challenge but can be easily adapted to meet most people's needs.

Nature art and craft

Projects that provide art and craft activities that take place in a natural environment and may use natural materials such as clay, wood or leaves to produce an artwork. Some projects focus on creative activities eg flower-arranging or basket-weaving groups within a social and therapeutic horticulture project or care farm.

Facilitated green exercise

These projects use physical activity such as walking groups or cycling groups in a natural environment. Green exercise is facilitated and led by an instructor. People say they feel physically fitter and feel uplifted by being out in the open and close to nature. Some people have been more motivated to maintain the physical activity because they enjoy it and it happens in a social group.

Care farming

Projects are based on working farms and offer a structured and supervised activity to a range of groups of people in order to benefit their physical and mental health. People like the hands-on nature of the activity, which can include animal care, crop growing, use of machinery and management of land. Care farms can be found both in the countryside and in urban areas.

Published by: Mind,
15-19 Broadway, Stratford, London. E15 4BQ
Tel: 020 8519 2122 / mind.org.uk © Mind 2013

Poem: Being Lonely



Bullied and lonely was I at school;
The lessons we learnt were my greatest tool.
This was one that served me well.
- For older now - I find and tell
myself, the Lonely - who are in many a place,
I'll gather in love to make my base.
What joy in sharing a few kind words,
A listening ear for the song of birds.
Then blossoming - these folk I know -
Come to life and onward go.
The world is made one family;
God loves us all so tenderly.

Juliet Easter 2015

Do Good

*We are visitors on this planet.
We are here for ninety or one hundred
years at the very most.
During that period we must try to do
something good,
something useful, with our lives.
If you contribute to other people's
happiness you will find the true goal,
the true meaning of life.*



His Holiness the XIV Dalai Lama

Fancy A Drop In?

This is a brief summary of a leaflet doing the rounds in Westminster. If you know and can recommend other facilities where people are *Being Alongside*, do let the Editor know.

Bloomsbury Central Baptist Church

235 Shaftesbury Avenue, London WC2H 8EP

Bus: 134; Tube: Tottenham Court Road

020 7240 0544 / church@bloomberg.org.uk
www.bloomberg.org.uk

Weekday drop-in for tea, coffee and biscuits Mon-Fri 10am-4pm.

Sunday lunch Sunday lunch from 1pm - 2.30pm at the Friendship Centre.

Tickets are available on a first come, first served basis from 10.15am on Sunday.

On the 2nd and 4th Fridays of each month they host a mental health group between 11am and 2.30pm

Methodist Central Hall Westminster

Emmanuel Room, (Entrance) Methodist Central Hall,
Matthew Parker Street, Westminster.

Buses: 11, 24, 148, 211

Tube: St James's Park, Westminster

In conjunction with the Mental Health Chaplain of the Westminster Diocese, for the last year the Methodist Central Hall, Westminster has been offering a "Drop-In" on the **2nd and 4th Fridays in the month 2.30pm-4pm.**

It is an informal drop in, with lots of tea, coffee and biscuits, and we just let the conversation flow. We are blessed with the Chaplain's commitment to come, volunteers from the church and a comfy room to meet in.

Looked after by Daphne or Beryl and Roy, tea and coffee and biscuits are provided and the group talks and shares in a very informal way.

Sister Denise

For further information please contact Sister Denise on

02076 543871 / denise.creed@mchw.org.uk

nb: kina.saunders@mchw.org.uk **wef 1 Sep 2015**

Saint Marylebone Parish Church

17 Marylebone Rd, NW1 5LT

Buses: 18, 27, 30, 205, 453

Tube: Baker St, Regents Park

020 7935 5066 / healing@stmarylebone.org

Meeting with Coffee

on the 1st and 3rd Fridays in the month, 11 - 12.30.

Also at Saint Marylebone Parish Church

Open Door Cafe

Afternoon tea, short talks, fellowship and conversation. Free refreshments and free to attend. All are welcome. Meetings: Tuesdays 12th and 26th May, 9th and 23rd June, 2.30-4pm

More information: Fr Edward Thornley:

call: 020 7935 7315 / Email: chaplain@stmarylebone.org

Emmanuel Church

389E Harrow Road, London, W9 3NA (opposite *Iceland*)

Buses: 18, 28, 288; Tube: Westbourne Park

020 8960 4195

Coffee Most Wednesdays 10.30 - 12.30

Need Funding? Try:

Being Alongside / APCMH's Treasurer:

02033 972497, then select option 1.

and / or

The Dominic Beer Memorial Trust:

56 Marmora Road, London SE22 0RY

Email: contact@dominicbeermemorialtrust.com

Web: <http://www.dominicbeermemorialtrust.com>

Central and North West London 
NHS Foundation Trust

Five Ways to Wellbeing

Connect: Feeling close to, and valued by, others is a basic need, promotes wellbeing, helps prevent mental ill health and contributes to functioning well. Strengthening relationships (for support, encouragement & meaningfulness) and broadening relationships (for a sense of connectedness, familiarity & self worth) are important to general wellbeing.

- § Get involved / feel part of something
- § Keep in touch
- § Talk about it
- § Feel safe

Be Active: Regular physical activity lowers rates of depression and anxiety. It helps slow age-related cognitive decline and promotes well-being.

- § Keep physically and mentally active.
- § Eat well
- § Sleep well
- § Drink sensibly

Take Notice: 'Savouring the moment' and being aware of what is taking place in the present (mindfulness) can strengthen and enhance self understanding, enable positive choices, re-instate life priorities and improve wellbeing.

- § Value your self and others
- § Take time out to reflect
- § Take a positive approach
- § Savour the moment
- § Find ways to bounce back

Keep Learning: Learning and practice of setting goals can enhance self-esteem, encourage social interaction and improve general wellbeing.

- § Do something you're good at / Try something new
- § Have goals to look forward to

Give: Helping, sharing, giving and team-oriented behaviours are associated with an increased sense of self-worth and positive feelings. Participation in social and community life and committing acts of kindness are strongly associated with life satisfaction.

- § Ask for / offer help
- § Listen to & consider others

Help is at Hand

Sane: (6 -11pm each night) **08457 678000**

Rethink Advisory Service: **08454 560455**

Young Minds Parents' Helpline: **08088 025544**
for help for young people up to 25. 9.30 - 4 weekdays, free calls

Pastoral Care for Carers (Margaret): **01642 865668**

Pastoral Care for Sufferers (Catherine): **01642 877936**

MIND: (Mon - Fri 9am - 5pm) pastoral help: **0300 123 3393**
legal help: **0300 466 6463**

Maytree: (24 / 7 + answerphone) **020 7263 7070**

If you have found a help resource, please advise so we can share.

The Barnabas Drop - In Sessions

*'Joseph, a Levite from Cyprus, whom the apostles called Barnabas
(which means Son of Encouragement)' ...Acts 4:36*

St. Paul's Community Project is affiliated to *Being Alongside / APCMH*

Mondays 3pm - 5pm

Plus various activities: Table tennis, dominoes, scrabble, art / craft,
poetry reading, tea / sandwiches / cakes and chat.

Wednesday 10.30am - 12noon

A more reflective discussion time with tea and biscuits, an opportunity to all
to share concerns or to receive one-to-one support (by appointment).

Free. All Welcome.

Venue: St Paul's Church Centre, 5 Rossmore Rd, NW1 6NJ
(5 mins walk from Marylebone Station; buses 139 & 189 stop outside)

call: 020 7724 8517

*When he arrived & saw the wonderful things God was doing, he was filled with excitement & joy,
and encouraged the believers to stay close to The Lord whatever the cost. Barnabas was a kindly
person, full of the Holy Spirit & strong in faith. As a result large numbers of people were added to
the Lord.*

(Acts 11:19-24)

The Who & What of B. A. / APCMH

Patrons:

Professor Andrew Sims.
The Rev'd Canon Roger Royle

Phone us on 2033 972 497 plus one of these 3 options:

Treasurer / Company Secretary:

Marlene Collins: option 1, or email: mcollins16@sky.com

Newsletter & Web:

Steve Press: option 2, or email: editor@beingalongside.org.uk

Chair:

Jamie Summers: option 3, or email: ajpsummers@ntlworld.com

Co-ordinator:

Pam Freeman: 02086 473 678

Or **write to:** *B.A. / APCMH Treasurer / Secretary,*
 c/o St Paul's Church Centre,
 5 Rossmore Road, London NW1 6NJ

'Being Alongside' is the working name for the 'Association for Pastoral Care in Mental Health', a Christian based, voluntary association of individual members and affiliated groups who recognise the importance of spiritual values and support in mental health. It has a network of supporters throughout the UK It welcomes and encourages people whatever their faith or belief system. Governed by its National Committee, BA / APCMH is primarily concerned to promote and encourage "being alongside" people experiencing mental or emotional distress.

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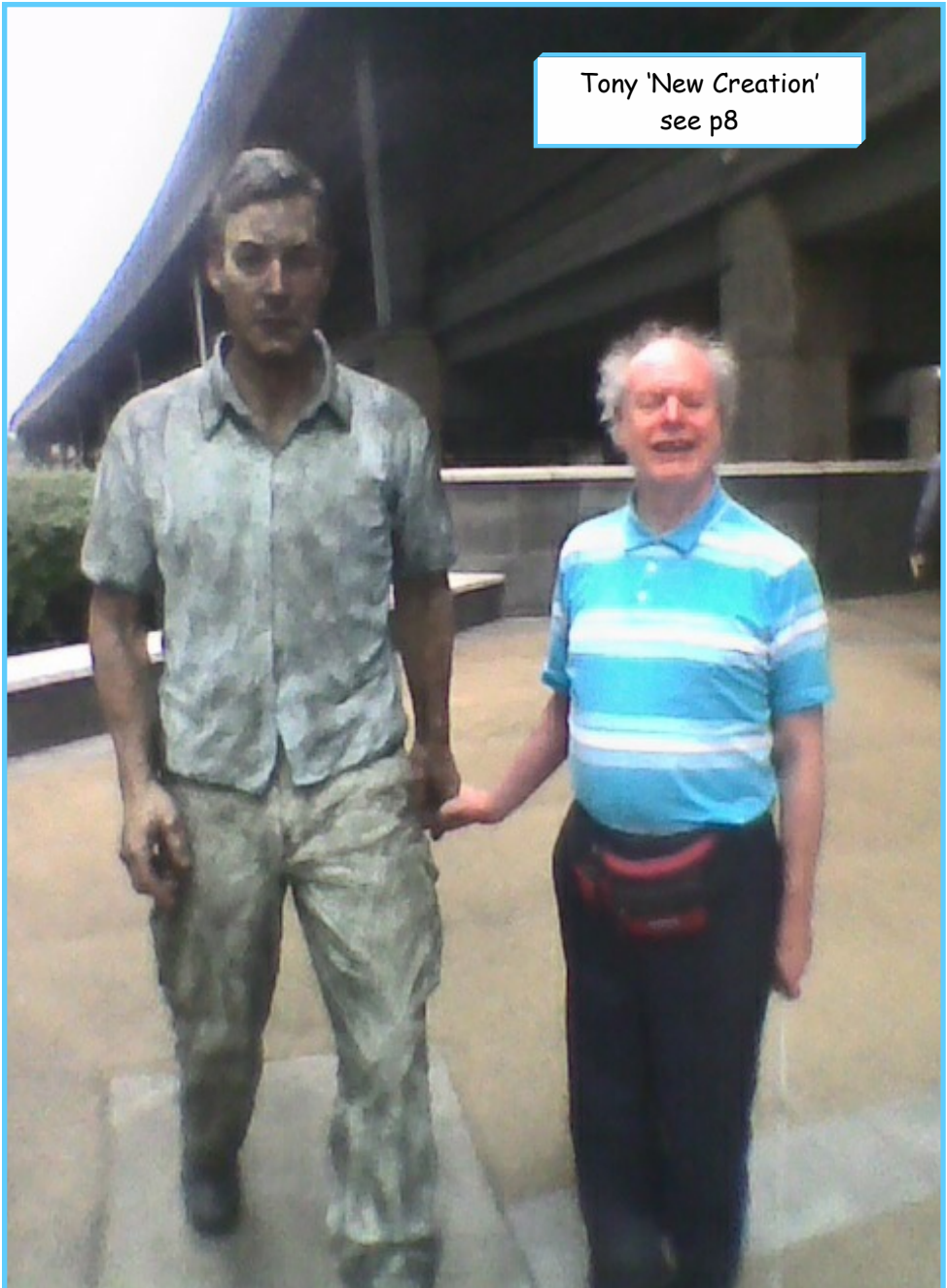
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Views expressed in this magazine are not necessarily those of the organisation.

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Tony 'New Creation'
see p8